

**THE SIGNIFICANCE OF PSYCHOLOGICAL DYNAMICS AND THEIR
IMPACT ON INTIMATE MARITAL RELATIONSHIPS: A CASE OF YOUNG
AND ADVANCED CHRISTIAN MARRIED COUPLES**

BY

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DECLARATION

This research project is my original work and has not been presented for a degree in any other university or for any other award.

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This research project has been submitted for review with my approval as the University Supervisor.

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DEDICATION

To my late Parents Rev and Mrs. Edwin Maina, My wife Beatrice and our children Samuel, Faith, Neema and Baraka, my daughter in love Rebecca and our grandchildren. To all to those who value the institution of marriage and faith in Jesus Christ.

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ABSTRACT

Marriages have beauty and fantasies as expressed in many and varied tendencies amongst couples in their day to day relations. However, there are many factors that tend to infringe on the intimate marital relationships. This study sought to find some of the psychological dynamics that impact on intimate marital relationships. The study focused on the significance of psychological dynamics and their impact on intimate marital relationships. Participants for the study were drawn from Community Fellowship Church in Kanyariri, Kabete Constituency, Kiambu County, Kenya. The sample size consisted of 10 couples drawn from the Church and consisted of 5 married males and 5 married females at any stage of their marital relationship. Quantitatively, the study adopted a correlational research design which sought to examine the relationship between the variables, such as intimate marital satisfaction or dissatisfaction based on emotional connectedness and psychological stress respectively. Participants were requested to fill questionnaire in the survey. Respondents were sampled using simple random sampling without replacement from the total population of all the married couples in the church. Pearson's correlation coefficient analysis was done to evaluate the relationship between couples' intimate relationships and psychological dynamics. A multiple logistic regression analysis was also conducted using the SPSS software. The data was analyzed quantitatively using charts, graphs and frequency tables that were generated for descriptive statistics in order to emphasize the significance of psychological dynamics among couples as surveyed in terms of their impact on intimate marital relationships. The study findings suggest the significance of psychological dynamics impact on the quality of couple marital intimate relationships. Psychological stress can spill over in the relationship, causing less time for each other and more negative interaction between partners. The study findings also showed that emotions play a critical role in intimate relationships. They also suggest that Christian counseling and values relate positively to the outcomes of quality and stable marriages. The study further recommended the church can develop a marital counseling program as well as offer counseling services to couples within the communities. From the findings, conclusions and inferences can be made to the fact that psychological dynamics, tend to infringe on the intimate marital relationships where couples are not exposed to appropriate interventions. Consequently, it can be concluded that emotions play a critical and central role in the couple's relationships. Christian counseling and practice of values contribute to the healthy maintenance of the marital relationship and in emotional conflict resolution.

TABLE OF CONTENTS

DECLARATION	ii
DEDICATION	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	v
LIST OF TABLES	ix
LIST OF FIGURES	x
CHAPTER ONE: INTRODUCTION	1
1.1 Background of the Study	1
1.2 Problem Statement.....	2
1.3 Purpose of the Study	2
1.4 Objective of the Study	3
1.4.1 General Objectives	3
1.5 Research Questions.....	3
1.6 Justification of the Study	3
1.7 Significance of the Study.....	4
1.8 Scope of the Study	4
1.9 Assumptions of the Study	5
1.10 Delimitations of the Study.....	5
1.11 Limitations of the Study	5
1.12 Chapter Summary	6
1.13 Definition of Terms.....	7

CHAPTER TWO: LITERATURE REVIEW	8
2.1 Introduction	8
2.2 Psychological Dynamics and their Impact on Intimate Marital Relationships.....	8
2.3 Emotional Conflicts and their Impact on Intimate Marital Relationships	10
2.4 Benefits of Christian Counseling with Couples	11
2.5 Empirical Literature.....	14
2.6 Theoretical Framework.....	17
2.7 Conceptual Framework.....	22
2.8 Chapter Summary	23
CHAPTER THREE: RESEARCH METHODOLOGY	24
3.1 Introduction	24
3.2 Research Design	24
3.3 Population	25
3.4 Study Location.....	25
3.5 Sample and Sampling Techniques.....	25
3.6 Research Instruments.....	26
3.7 Piloting and Tool Pre-testing.....	26
3.8 Data Collection	26
3.9 Reliability and Validity	27
3.10 Data Analysis.....	27
3.11 Ethical Consideration	28
3.12 Chapter Summary	29
CHAPTER FOUR: RESULTS AND DISCUSSION	30
4.1 Introduction	30
4.2 Demographics	30

4.3 Psychological dynamics and their impact on intimate marital relationships.....	34
4.4 Emotional Conflicts Impact on Intimate Marital Relationship	37
4.5 Benefits of Counseling and Christian Values in Intimate Marital Relationships..	38
4.6 Chapter Summary	40
CHAPTER FIVE: SUMMARY OF FINDINGS, RECOMMENDATIONS, AREAS FOR FURTHER RESEARCH AND CONCLUSIONS.....	41
5.1 Introduction	41
5.2 Psychological Dynamics and Their Impact on Intimate Marital Relationships	41
5.3 Emotional Conflicts Impact on Intimate Marital Relationship	42
5.4 Benefits of Counseling and Christian Values in Intimate Marital Relationships..	43
5.5 Implication of the Study	44
5.6 Conclusions	44
5.7 Recommendations	44
5.8 Areas for Further Research.....	45
5.9 Chapter Summary	46
REFERENCES	47
APPENDICES	50
Appendix I: Questionnaire for Participants of the Survey.....	50
Appendix II: Budget Expense	59
Appendix III: Introduction Letter	60
Appendix IV: NACOSTI PERMIT	61
Appendix V: Community Fellowship Church, Kanyariri – Kabete, Kiambu County	62
Appendix VI: Declaration of Originality Form.....	63
Appendix V: Plagiarism Report	64

LIST OF TABLES

Table 1: Gender of the Respondents	30
Table 2: Age above 55 Years	31
Table 3: To What Extent Has Your Relationship Met Your Original Expectations	35
Table 4: Correlation on Frequency of Better Feelings and Problems in a Relationship...	35
Table 5: Correlation on Meetings Each Other’s Needs and the Relationship Satisfaction	36
Table 6: Correlation on Worry in the Relationship and Relationship Satisfaction.....	36
Table 7: Correlation on Partner Listening and Relationship Satisfaction.....	37
Table 8: Correlation on Fulfilling Intimate Relationship and Motivation and Devotion .	37
Table 9: Correlation on “My Relationship with My Spouse is Satisfying to a Greater Extent”	38
Table 10: Counseling and Christian Values Contribution to Marriage Intimate Relationship Stability	38
Table 11: Premarital Counseling Contribution to Marriage Intimate Relationship Stability	39

LIST OF FIGURES

Figure 2.1: Rogers' Client Centred Approach	17
Figure 2.2: Maslow Hierarchy of Needs	19
Figure 2.3: Erikson's Psychosocial Stage	21
Figure 2.4: Conceptual Framework.....	22
Figure 4.1: Age of the Respondent.....	31
Figure 4.2: School Level of the Respondent.....	32
Figure 4.3: Numbers of Years in Marriage	33
Figure 4.4: Occupation of the Respondent.....	33
Figure 4.5: Relationship in Earlier Days of Marriage Being Better Than Current Linear regressions	34

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

This chapter sought to provide an introduction and background to the study on the significance of psychological dynamics and their impact on intimate marital relationships. The chapter highlighted the statement of the problem and the objectives. There were also assumptions, justification, significance and scope as well as the limitations and delimitations of the study.

Marriages have beauty and fantasies as expressed in many and varied tendencies amongst couples in their day to day relations. It is imperative that a major component in asserting this beauty, synergy and glow in the marriages is centered on the intimate relations that have and continue to impact on the marital union between a man and a woman. Intimate relations contribute to the quality and stability of most romantic relationships (Baik & Adams, 2011). As Baik and Adams further argue, where there is support in marriages better relationships are enjoyed. However, on the other hand, there are many factors that tend to infringe on the intimate marital relationships. This study will seek to find some of the psychological dynamics and their impact on marital intimate relationships.

Intimacy as Baik and Adams (2011) observes is experience of two people who care about each other. Butler (2011) also defines it as closeness enabling expression of emotions including feelings and thoughts. As Butler (2011) observes, the quality of intimate relations has been reported as one of the most presenting problems among distressed marriages. Cases of withdrawal, poor communication and violence, have been known to infringe on sound marital relations (Beitin, 2008). The concept of psychological

dynamics affecting intimate marital relations is well studied globally. In Kenya there is growing evidence that intimate marital relations are on the decline partly due to changing of times, societal dynamics among others (Mbunga, 2010). There is a general view among scholars that the individual has found himself or herself in need of an evaluation whereby family and marital relations remain crucial factors in Kenya (Ondigi & Mugenda, 2011).

1.2 Problem Statement

Upon consummation of a marital union, an affirmation is made through this intimacy as a signature link in cementing the uniqueness found between the couples. It is also through this consummation that offspring's find life. It involves, in honor, respect and values which effectively seal a sound relationship. Intimate marital relationships are essentially a private affair, exclusive and very special to those involved. However, it may be noteworthy that some psychological dynamics may infringe on the intimate marital relationship. While most studies have addressed some factors on marital relationships from different angles, such as psychological, medical, sociological among others, there is a limited evidence of studies that have been done within church settings. Hence this research explored the significance of psychological dynamics and their impact on intimate marital relationships from a stand point of married Christian couples.

1.3 Purpose of the Study

The research sought to explore the significance of psychological dynamics and their impact on intimate marital relationships and focused on young and advanced Christian couples.

1.4 Objective of the Study

To explore on the psychological dynamics and their impact on intimate marital relationships with young and advanced married Christian couples

1.4.1 General Objectives

- i. To explore the significance of the psychological dynamics and their impact on intimate marital relationships, negatively or positively.
- ii. To identify the role of emotional conflicts that influences negatively the intimate marital relationships and hence, dissatisfaction
- iii. Examine the benefits of Christian counseling of couples by applying Christian values in intimate marital relationships and hence satisfaction in outcomes.

1.5 Research Questions

- i. Which are the main psychological dynamics and how they impact on intimate marital relationship among Christian couples, negatively or positively.
- ii. What roles do emotional conflicts play so as to have an impact on intimate marital relationships?
- iii. What benefits does counseling the couples when applying Christian values can be observed in intimate marital relationships?

1.6 Justification of the Study

Psychological dynamics are an integral part of any human behavior. Marriage as a phenomenon is identified as unique in pairing a couple together for a life time obligation. An important factor that this research sought to establish was on assessing the extent to which psychological dynamics influence relationships in marriages and especially among Christian couples.

1.7 Significance of the Study

This research highlights the significance of identifying psychological dynamics and their impact on intimate marital relationships. The findings would be of immense support to the Christian couples in their marital intimate relationships and hence, their marriages positively.

The findings would be valuable to the church in formulating programmes premarital and post marital counseling which will specifically address areas that may be considered difficult to approach in the light of religious, cultural, social and faith boundaries that are most relevant today. Intimate marital relationships may experience rejuvenation among couples and hence help the Christian faithfuls by reducing negative impact where failure exists. The family may benefit immensely from the findings especially in helping to reduce these failures in intimate marital relationship. These programmes may contribute in averting separation and divorce.

1.8 Scope of the Study

The research was done at Community Fellowship Church Kanyariri, Kabete, in Kiambu County. The area has a growing population that is quite cosmopolitan and coping with numerous community challenges, including marital. The need to provide community support and programs led to the planting of a church in the area, since the year 2005. The regular challenges arising out of counseling and social needs prompted the desire to explore psychological dynamics on intimate marital relationships. The church had 20 couples most of them being young adults who average between one to 10 years in marriage and others who have been married for a number of years.

1.9 Assumptions of the Study

Research has shown a healthy marriage relationship is significantly related to multiple factors of well-being including, but not limited to, less psychological distress, longevity, general physical health and improved emotional health, sexual health, and financial success (Carr & Springer, 2010). Some of the assumptions for the study will be the following:

- i. The research assumes that psychological dynamics are likely to negatively impact on intimate marital relationships among Christian couples.
- ii. Emotional experiences and conflicts are likely to negatively impact on intimate marital relationships.
- iii. The benefits of religion and couple counseling are also likely to come from the application of Christian values in counseling.

1.10 Delimitations of the Study

The information to be obtained is quite private in nature and may take some effort and reassurance in its collection. The study focuses on the significance of psychological dynamics and their impact on intimate marital relationships and no other concept. Terminology used include intimate marital relations which had to be fully clarified to the respondents for ease of understanding.

1.11 Limitations of the Study

Some of the limitations include language barrier, education level and deep intimacy information that would will remain personal. The study would seek a method of collecting data that would avoid any findings that would be inaccurate. Due to time limitation, the study will be limited to Community Fellowship Church in Kanyariri.

1.12 Chapter Summary

The chapter gave an explanation of the study background in relation to the variables on page (21) and provided a rationale for the study. The study has demonstrated that there exists a gap in Christian Counselling especially in the psychological dynamics that have an impact on couples' intimate relationships. The research objectives and research questions were formulated as well as the significance and assumptions of the study.

1.13 Definition of Terms

Psychological Dynamics-refers to the various psychological variables in a given intimate relationship.

Intimate Marital Relationships - refers to the bond that ties a couple in a marriage set up.

Couple- refers to a man and a wife in a marriage relationship.

Christian-refers to one subscribing to faith in Jesus Christ as a personal choice.

Therapy- refers to available support in professional counseling services.

Chronic Minor Extra-Dyadic Stress - stress emerging outside the couple relationship when individuals engage in the marriage.

Emotional Interdependence - feelings of one person relating to the feeling of another.

Conceptualized Commitment- a psychological dynamic pertaining to two individualism marriage.

Couple's Christian Spirituality - commitment level of faith during counseling of the Christian couples.

Intimacy- Intimacy is the experience of two people who care about each other.

Christian Counseling- When you involve the client in terms of Christian values.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

The section sought to provide a review of the literature in regard to the objectives of the study. The chapter also provided empirical literature that relates to the research topic and objectives. A theoretical framework was also provided detailing how the psychological theories offered the framework in which the research is based. The chapter also outlined a conceptual frame work that demonstrated how the variables in the research study correlate with each other in order to answer the research objectives.

2.2 Psychological Dynamics and their Impact on Intimate Marital Relationships

According to Anderson, Ryzin and Doherty (2010) the importance of having close interpersonal relationships and acceptance is fundamental motivation factor in marriage. As Baik and Adams (2011) indicate marriage is considered as the initial adult relationship offering synergy and oneness. Research has shown a healthy marriage relationship to be significantly related to multiple factors of well-being (Carr & Springer, 2010), including, but not limited to, less psychological distress, longevity, general physical health and improved emotional health, sexual health, and financial success (Anderson et al., 2010).

Researchers recognize the need for increased understanding of marital intimacy and the factors and processes which contribute to connectedness between marital partners (Beitin, 2008). Intimacy is defined as an interpersonal process, resulting in one's partner feeling "understood, validated, and cared for" (Beitin, 2008). In addition to feeling understood by one's partner, experiencing validation and feeling cared for are vital aspects in the process of intimacy.

Stress research shows that chronic minor extra-dyadic stress does occur causing more negative interaction between partners (Randall & Bodenmann, 2009). It may be easier for couples to attribute intra-dyadic stress to major life events, than to daily hassles, which are more subtle, frequent, and ordinary (Bodenmann, Meuwly, Bradbury, Gmelch, & Ledermann, 2010). Partners are often unaware of these daily hassles, or they are considered to be trivial and therefore attract little empathy and understanding from their spouses (Beitin, 2008). Impact of these stressors is likely to be underestimated, as they seem to be objectively rated as having low intensity but can still negatively affect the marital relationship (Bodenmann et al., (2010).

Beitin (2008) indicate that, the attributions couples ascribe to each other's transgressions co-vary with the amount of stress in their lives (Bodenmann et al., (2010). When they experience less stress, they are more prone to give each other benefit and when they experience relatively high stress, they are more likely to blame each other for the same transgressions. Survey research has also indicated that there is a stronger association between decline of marital satisfaction and acute stressful events in lower income communities who experience a chronic stress in the form of financial strains than in more affluent ones (Maisel & Karney, 2012). Bodenmann et al. (2010) proposed a stress-divorce model outlining the following; (a) spending less time together, (b) decreasing quality of communication, (c) invasion of physical, psychological and sexual dysfunctions.

Bodenmann et al. (2010) further proposed (d) revealing more problematic personality traits, such as rigidity, anxiety, and hostility. As they note, minor extra- dyadic stress has a spill-over effect on the relationship through these four mediators and usually leads to

mutual alienation and dissatisfaction (Bodenmann, et al., 2010). In the long run, this results in a slowly decreasing relationship quality, and, as a consequence, the partners begin to evaluate the advantages and disadvantages of divorce, so the risk of divorce increases (Bodenmann, et al., 2010).

According to Boelen and Hout (2010) on positive psychological experiences, intimate relationships can be distinguished by the degrees of interpersonal involvement. As Bradbury and Karney (2010) indicate, behavior is often molded by wider concerns, which may include long-term goals, strategic considerations, and the desire to promote the well-being of one's partner and oneself. The long-term perspective of commitment especially leads to mechanisms for sustaining an intimate relationship. As they indicate partners develop a wide range of patterns of reciprocal pro-relationship behaviours and consciously pursue the objective of a long-term relationship.

Strong commitment encourages a variety of relationship maintenance mechanisms, such as behavior and cognitive restructuring toward the goal of enhancing couple well-being (Bradbury & Karney, 2010). Boelen and Hout (2010) also argue that, psychological construct and commitment influences everyday behavior maintenance mechanisms in relationships and these include accommodation, willingness to sacrifice, and forgiveness.

2.3 Emotional Conflicts and their Impact on Intimate Marital Relationships

As Butler (2011) argues, emotional connectedness in which the expression of feelings is critical in couple relationship. Butler (2011) argues such connectedness transpires into a phenomenon that is often considered as a defining element of a healthy romantic relationship. Hughes and Waite (2009) also note that, emotional connectedness occurs among parents and their children.

Pnina, (2009) also indicate that, emotional connectedness is critical in relationships among married couples. Bradbury and Karney (2010) assert that literature on emotional connectedness is beneficial to the relationship. As Pnina, (2009) further indicates, married couples who relate well in behavior and thought are able to respond to situations demanding promptness. Additionally, this also enhances understanding and affirmation of one another thereby creating social cohesion, attraction, and sympathetic tendencies (Pnina, 2009). In summary as Hughes and Waite (2009) observes, aligning emotions one to a partner fulfills and tends to satisfy the feelings of both parties. According to Bradbury and Karney (2010), emotions are critical in developing individual friendships.

Hughes & Waite, (2009) also indicate that, emotional exchanges can be characterized by the expression of higher levels of negative than positive affect. Equally there is evidence for the consistency in males and females' differences associated with unhappy marriages across the adult life span. Hughes & Waite, (2009) also argue that these gender patterns may relate importantly to the couple's physical health. Thus, there appears to be considerable consistency in interactional dynamics among married couples across adulthood (Hughes & Waite, 2009).

2.4 Benefits of Christian Counseling with Couples

Within the Christian domain, marriage is about commitment and as Hook and Worthington, (2009) observes, several researchers have explored commitment when seeking a fundamental understanding of romantic relationships development over the last few years. However, as they argue, commitment is difficult to operationalize, and there is no consensus on its definition or on the dimensionalities inherent in relationship commitment (Hook & Worthington, 2009). Lay concepts of commitment refer to perseverance,

responsibility, and devotion defined commitment as the tendency to maintain a relationship and to feel psychologically “attached” to it (Pope & Cashwell, 2012). Bradbury and Karney, (2010) conceptualized commitment as a psychological dynamic pertaining to two individuals in a marriage. Commitment can be a way of fulfillment and serve as a bridge to the social world and as a virtue in Christian counseling, it can therefore be regarded as one of the benefits in an intimate marital relationship.

Hook and Worthington (2009) states that a stable marriage is associated with improved physical, intellectual, mental and emotional health of the family. This also includes equipping them well with values and habits promoting successful living (Hook & Worthington, 2009). Christian counseling and values are positively related to a stable and quality marriage (Hook & Worthington, 2009). On the other hand, several psychological studies also show the value of religious practice which adds value to marital stability and satisfaction (Hook & Worthington, 2009). Further in their observation, archaeological and anthropological studies show that religion has always been a part and parcel of human life (Hook & Worthington, 2009). The fact that even a non-religious person may unconsciously refer to God or supernatural powers in time of mental crisis is a proved phenomenon (Hook & Worthington, 2009).

Sperry (2010) argues that Christian counseling and the level at which people are involved in religious practice, can be considered as one of the predictive criteria for a successful marriage. Sperry, (2010) further states that, Christian counseling and practice of faith can also be a useful criterion is choosing a spouse. In Christian counseling, the strengthening of religious beliefs can be a way of preventing marital dissatisfactions, as well as a proper method of dealing with disappointments in marriage (Hook & Worthington, 2009). Hook

and Worthington, (2009) further suggest that, it would be imperative for couples seeking counseling to receive it from a Christian perspective. As they further indicate, many Christian couples do not attend marital therapy unless the counselor is a professing Christian (Hook & Worthington, 2009). As such, it is necessary to investigate the intersection between counseling and spirituality.

In counseling, empirical research shows that religious and spiritual people live healthier lives affecting their physiological processes (Sperry, 2010). Sperry, (2010) also indicate that, support in Christian counseling impacts on one's health. Indeed, the psychological field has adopted some spiritually based couple's treatments, which have also contributed on Christian literature, in reducing couple distress (Pnina, 2009). Christian counseling infers spiritual values which often address issues of meaning and purpose in a person's life (Sperry, 2010). Research also indicates that people seeking counseling desire integration of faith into practice and deem it appropriate for counselors to disclose their religious beliefs (Hook & Worthington, 2009).

In Christian counseling, forgiveness is a vital component of marital and family therapy hence an intervention towards healing (Davis, Hook, Tongeren & Worthington, 2012). As they argue, forgiveness is regarded as a pillar of sound and healthy marriage life and is also correlated with secure attachment relational bonds (Davis et al., 2012). It therefore implies where a spouse is securely attached, challenges are easily handled. Davis et al., (2012) further indicates that, most married couples believe the ability to forgive and be forgiven is one of the most valuable contributors to marital health and longevity. It is therefore worthwhile noting that, Christian counseling helps the married couple embrace the fact that forgiveness, love, honesty, justness, truth, responsibility, accountability, altruism,

gratitude, compassion, mercy, grace, rationality, and creativity, resides in the common grace given by God to all people.

2.5 Empirical Literature

Bradbury and Karney, (2010) indicate that intimate relationships are defined as close relationships which include experiences of mutual erotic and sexual passion, that are expressed and shared. They also note that, as long as the dyad has the possibility that each could experience sexual passion for the other in the context of a close relationship, it is defined as an intimate relationship independent of the happiness of the two partners (Bradbury & Karney, 2010). Pnina, (2009) asserts that, intimate relationships and their consequences are important to understand because they are basic features of who we are as human beings. As Pnina, (2009) further argues, our thoughts and feelings about our relationships, and how we communicate with our partner may well contribute to how long we live for example after a serious health-related event.

While evaluating the influence of religion in couple intimate relationship, Mahoney (2010) observes that previous studies indicate that being religious, can be a regulatory factor in handling crises of life. Mahoney (2010) further indicates that, numerous studies on the relation between religion and mental health done in the recent past show a positive relationship between religion and mental health. Pope and Cashwell, (2012) also note that the relationship between religion and marriage has been proved severally in research findings. A research done among heterosexually couples married for about 9 years, proved that spouses who were committed to their religious duties and obligations, were more satisfied (Mahoney, 2010). In another research in California, though pale in the first year, religion was proved to have a positive effect on the couple's relationship

into the future (Pope & Cashwell, 2012). The same research indicated religiosity helps heterosexually couples prevent, resolve and overcome marital conflicts. The results show that practitioners may assist religious heterosexually couples who are challenged in marital conflict by encouraging them to look to practice their religious beliefs.

A research carried among heterosexual Roman Catholic spouses indicated that religious beliefs helped control the expression of anger and reduces revenge tendencies (Cade, 2010). Their relationship with God had an effect that helped meet individual and couple's needs (Cade, 2010). The study also showed that they were able to deal with anger because of their faith in God (Cade, 2010).

Braithwaite and Fincham, (2011) also note that, a similar research with religious spouses was used to investigate effects of prayer and on couple interaction during conflict. Reliable description of prayer dynamics across spouse interviews was extracted using a group interpretive procedure. The findings suggested that prayer invokes a couple's spirituality significantly influencing their interaction during conflict (Braithwaite & Fincham, 2011).

Consequently, prayer appears to be a significant tool among religious heterosexually couples aiding in conflict resolution (Braithwaite & Fincham, 2011). In assessing the impact of religion on intimacy, studies among heterosexual couples showed improved intimacy ratings (Braithwaite & Fincham, 2011). This is consistent with previous research on religiosity and marital satisfaction (Cade, 2010). This implies that, religion provides a belief system supporting functionality of the family life (Cade, 2010). Hughes and Waite (2009) assert that faith and religion emphasize the importance of marriage,

thus increasing the commitment heterosexually couples feeling toward their marriage. According to research as Cade (2010) observes, increased levels of communication are closely associated with religiosity of an individual.

In relation to Erickson's psychosocial stage of human development with couples at different ages, ratings of problems and pleasant topics suggested that older couple's conflicts were less severe than middle-aged couple's conflicts and centered on different issues (Sheldon, 2009). Middle-aged couples disagreed more than older couples about children, money, religion, and recreation (Sheldon, 2009). None of the ten topics assessed were more conflictual for older couples than for middle-aged couples (Sheldon, 2009). Moreover, older couples derived more pleasure than middle-aged couples from four sources, namely, talking about children and grandchildren, doing things together, dreams, and vacations (Sheldon, 2009). None of the topics assessed were more pleasurable for middle-aged couples than for older couples (Sheldon, 2009). Thus, it appears that older couples not only experience less conflict in their marriages, they also experience more pleasure.

In a similar research, Seider, Hirschberger, Nelson and Levenson, (2009) noted that, there was direct evidence for improved emotion regulation in the observational data. Older couples, compared to middle-aged couples, expressed lower levels of anger, disgust, belligerence, and whining and higher levels of one important emotion, namely affection (Seider et al., 2009). This pattern of results held even after controlling statistically for the severity of the problem discussed (Seider et al., 2009). Interestingly, the pattern is consistent with Sheldon, (2009) longitudinal evidence for increasing positivity and decreasing negativity in marriage in late life.

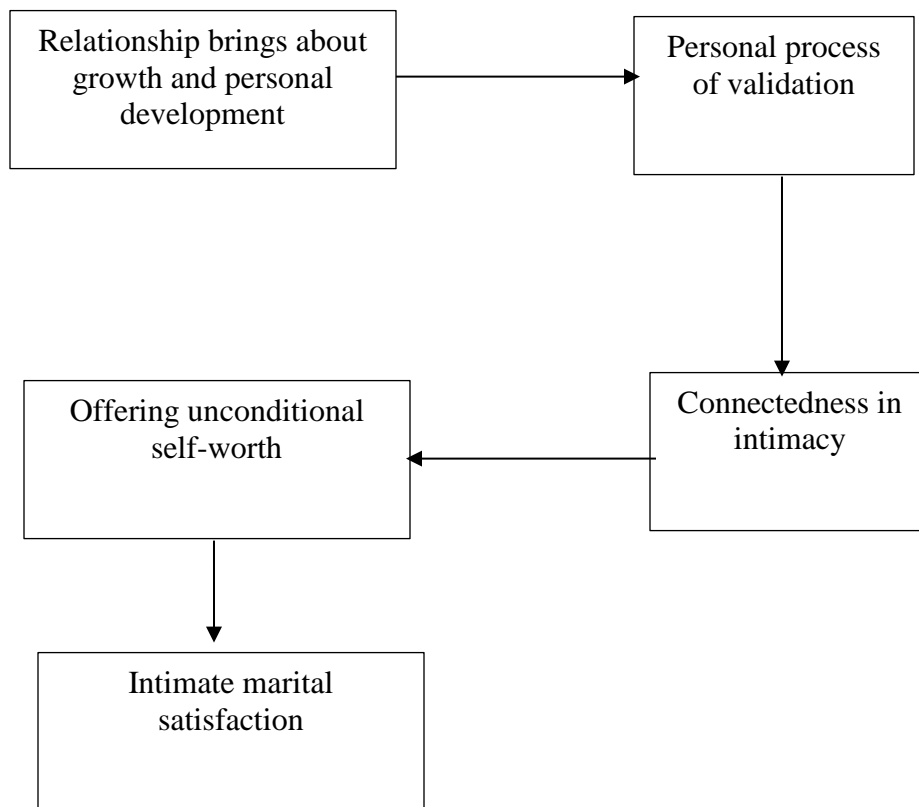


Figure 2.1: Rogers' Client Centred Approach

Source: Author, 2018

2.6 Theoretical Framework

As cited by Seider et al., (2009), major theorists in psychology including Karen Horney (1950), Carl Rogers (1961), Harry Stack Sullivan (1953), and Abraham Maslow (1968) have proposed intimate relationships are an important aspect of individual well-being. Research has also shown intimacy to be an important factor within interpersonal relationships (Dyrenforth, Kashy, Donnellan, & Lucas, 2010). Although various definitions and perspectives of intimacy exist, present an influential model describe intimacy as an internal interactive process later, Burke and Segrin, (2014) refined the definition of intimacy as an interactive process in which, as a result of partner's response, individuals come to feel understood, validated, and cared for.

Feeling understood, validated, and cared for reflects the fundamental aspects of Roger's Client-Centered approach to therapeutic change (Seider et al., 2009). Rogers (1961) as cited by Seider et al., (2009) believed that providing a certain type of relationship for his clients would give them the opportunity for change, growth, and personal development. Rogers described the relationship he should provide as one characterized by acceptance, warm regard such as caring, offering unconditional self-worth, empathic understanding, and projecting value such as validation to clients by respecting their conditions, behaviors, and feelings (Deci & Ryan, 2008). He believed if he offered clients a relationship characterized by these qualities and the freedom to explore one's true self, esteeming each person as a separate individual, then clients would grow in their understanding of self, become more understanding and accepting of others, and more expressive of their unique selves (Burke & Segrin, 2014). Rogers believed the expression of one's true self, autonomy, within a relationship would facilitate autonomy in the other person (Dyrenforth et al., 2010).

Rogers (1961) as cited by Seider et al., (2009) described his view as a general hypothesis which offers exciting possibilities for the development of creative, adaptive, and autonomous persons (Seider et al., 2009). Rogers believed these characteristics and results are found to be true in all types of interpersonal relationships including teacher-student, supervisor-subordinate, parent-child, and other family relationships (Seider et al., 2009). Speaking specifically regarding married and dating couples, Rogers expresses the importance for each partner to share one's feelings with the other and express empathy and understanding for the feelings their partner expresses (Seider et al., 2009). He further explains that the reciprocal process of validation begins with the expression

of one's true self within the context of the relationship such as autonomy, followed by facilitating autonomy in the partner, and increasing the connection such as with intimacy within the relationship (Seider et al., 2009).

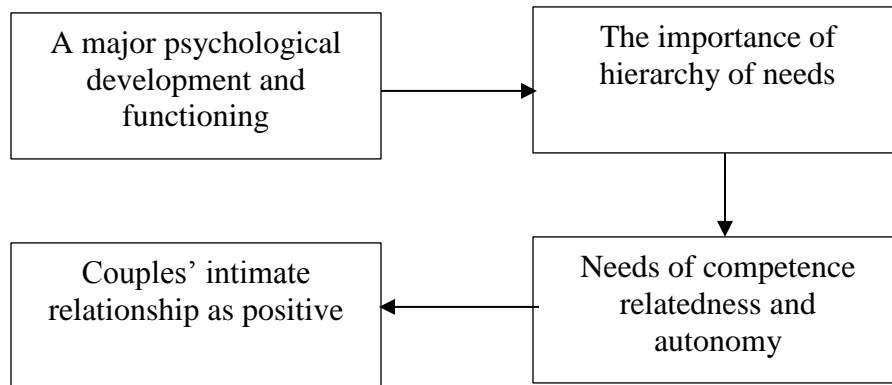


Figure 2.2: Maslow Hierarchy of Needs

Source: Author, 2018

In Abraham Maslow hierarchy of needs, the fulfillment of basic psychological needs is a major factor in psychological development and functioning, and their importance to psychological development and functioning has been compared to the necessity of the fulfillment of basic physiological needs such as food and water to physical development and functioning (Deci & Ryan, 2008). Deci and Ryan (2008) propose the fulfillment of basic psychological needs are necessary to the development and well-being of individual's personality and cognitive structures, and emphasize the three basic needs of competence, relatedness, and autonomy. Hence this asserts that the need for others such as relatedness with others such as in couple intimate relationship fits well in the Abraham Maslow hierarchy of needs basic psychological needs.

During marital counseling and in accordance to the theory of Erikson's psychosocial stages of human development, successful completion of each stage results in a healthy personality and the acquisition of basic virtues (Richards & Worthington, 2010). They further indicate that, basic virtues are characteristic strengths which the ego can use to resolve subsequent crises. Failure to successfully complete a stage can result in a reduced ability to complete further stages and therefore a more unhealthy personality and sense of self (Richards & Worthington, 2010). These stages, however, can be resolved successfully at a later time (Overall & Fletcher, 2010).

In his psycho-social theory of development, Erickson indicates that, early adulthood is a stage of intimacy versus isolation, where development is mainly focused on maintaining relationships (Overall & Fletcher, 2010). In this stage we begin to share ourselves more intimately with others (Overall & Fletcher, 2010). We explore relationships leading toward longer term commitments with someone other than a family member (Overall & Fletcher, 2010). Successful completion of this stage can lead to comfortable relationships and a sense of commitment, safety, and care within a relationship (Deci & Ryan, 2008). Avoiding intimacy, fearing commitment and relationships can lead to isolation, loneliness, and sometimes depression (Deci & Ryan, 2008). Success in this stage will lead to the virtue of love. Development takes on new meaning in adulthood because the process is no longer defined by physical and cognitive growth spurts. Adulthood, which encompasses the majority of a person's life span, is marked instead by considerable psychosocial gains that are coupled with steady but slow physical decline (Deci & Ryan, 2008).

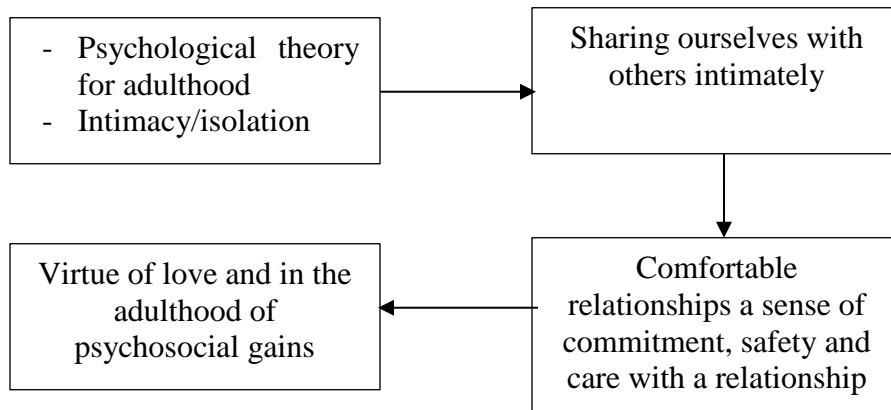


Figure 2.3: Erikson's Psychosocial Stage

Source: Author, 2018

2.7 Conceptual Framework

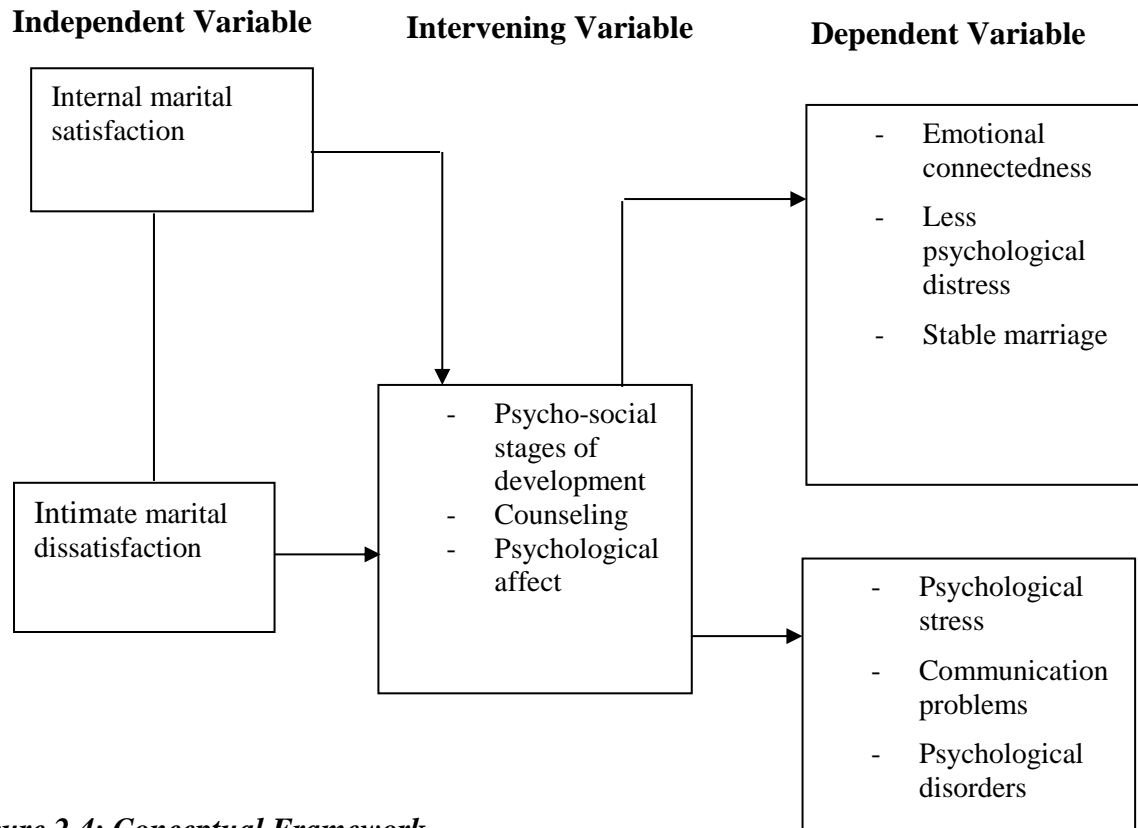


Figure 2.4: Conceptual Framework

Source: Author, 2018

The conceptual framework demonstrates how the independent variables of intimate marital satisfaction and intimate marital dissatisfaction impact the psychological responses and experiences which for the purposes of this study are the dependent variables. It also demonstrates how the psychosocial stages of development, counseling and psychological dynamics and affect, intervened between the independent variables of marital satisfaction status and the dependent variables affect the psychological dynamics.

2.8 Chapter Summary

The chapter gave a diverse literature review on the study objectives of psychological dynamics how they affect the intimate couple relationship. Also, the emotional conflicts and experiences influence the intimate couple relationship and the benefits of couple counseling by using Christian values. It also provided empirical literature that explores on similar study. The variables provided a theoretical framework. The chapter gave a diverse literature review on the study objectives of the psychological dynamics and how they affect the intimate couple's relationship. Also, the emotional conflicts and experiences and their influences on intimate couple relationship were explored. It also provided the benefits of couple-counselling by using Christian values. The empirical literature explored similar variables for the theoretical framework. A conceptual framework was also provided, detailing on the research variables and how they correlate with each other.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

The chapter explained on the steps that demonstrated on how the objectives of this study will be answered. The chapter also explained on the research design, the target population, and the location of the targeted respondents as well as the sampling techniques. This ensured that the sampled respondents were a true reflection of the population targeted in the study. Consequently, research instruments were explained and data collection tools that included piloting and tool pretesting were also explained. The chapter also highlighted on the data collection and data analysis procedures.

3.2 Research Design

The research adopted the correlation research design as it was the most suitable research design in regard to the nature of the variables in the study (Creswell, 2013). The correlation study sought to identify the relationship between the variables in how psychological dynamics had impact on Christian couple intimate relationship.

Creswell (2013) notes that, a correlation research design is used to explore on the extent to which two or more variables relate with each other. Bernard and Bernard (2012) also note that correlation research is used when the purpose of the study is to predict particular outcomes in one variable from another variable that is used and serves as the predictor. Hence a correlation in this study was the most ideal to assess the relationship between the study variables.

3.3 Population

The study targeted both men and women who are married within Community Fellowship Church, Kanyariri in Kabete Constituency, Kiambu County, Kenya. The Church had 20 married couples who were active and were registered members as demonstrated by the church records. Out of the 20 couples the study targeted 50% which was at 10 couples. The choice of 50% was in regard with what Mugenda (2008) recommends in the calculation of the margin error of the 30% representation of the total population in research studies.

3.4 Study Location

The study location was at Community Fellowship Church, Kanyariri in Kabete Constituency, Kiambu County, Kenya. The church has well defined structures and departments such as the Men's Fellowship department, Women Fellowship department, Youth department, Teens department and the children department and those departments have frequent meetings that are held once a month. The church also has a wide variety of couples in different generations in their family life cycle and hence provides a representation of different generational couple marital experiences.

3.5 Sample and Sampling Techniques

Respondent were sampled using simple random sampling from the total population of all the married couples in the church. As Dean and Ghemawat (2008) indicate, the use of simple random sampling is the most appropriate method and is straightforward in the probability sampling strategy. Dean and Ghemawat (2008) also note that, with simple random sampling method, every member of the population is equally likely to be chosen as part of the sample. The logic behind simple random sampling is that it removes

bias from the selection procedures and should result in representative sample (Dean & Ghemawat, 2008). In consideration to the couples in the church, the study targeted 50% of the couples. Out of the 10 couples, 5 respondents were married males while the other 5 respondents were married females. The representation of this sample size was assumed to provide a reflection with most probable outcome (Mugenda, 2008).

3.6 Research Instruments

The study used a structured questionnaire. The questionnaire constituted three sections. The first part constituted questions on the respondent's demographics in which it provided an insight into characteristics of the population within the marriage demography. The second section had questions related to the marital intimate relationship nature, expectations and experiences. The third section had questions related to the couple's psychological dynamics and emotional experiences with each other. The fourth section compromised of couple's value for Christian counseling and experience.

3.7 Piloting and Tool Pre-testing

The research questionnaire was pre-tested at Community Fellowship Church, Kanyariri in Kabete Constituency, Kiambu County, by sampling 3 couples. Data was collected and checked for coherence, clarity and consistence. Where inconsistencies were noted, the questionnaires were adjusted appropriately.

3.8 Data Collection

Data was collected by the researcher in order to ease in data collection and in providing clarity to the respondents. Collection was preceded by the researcher explaining to the respondents about the study to ensure on uniformity and clarity of the study

procedures. The couples were required to fill the questionnaires within a period of one week and then provide their feedback. Couples were also explained on the purpose of the study and confidentiality was also guaranteed. Data was then entered into organized templates in readiness for analysis. Pearson's correlation analysis was done to evaluate the relationship between couple's intimate relationship and psychological dynamics.

3.9 Reliability and Validity

According to Creswell (2013) reliability test is the extent to which a questionnaire, an observation or any other measurement instrument produces the same results on repeated trials and can be considered as the stability or consistency of scores over time. Validity on the other hand refers to the relationship between data and the variable being measured (Creswell, 2013). In relation to these tests, Cronbach's α test was conducted to determine the internal consistency of the research instruments and to test the relationship between the variables on the physiological dynamics and their impacts on intimate marital relationships.

3.10 Data Analysis

Data was entered into organized template for the statistical. A Multiple Logistic Regression analysis will be conducted using the SPSS software. The analysis allowed the research to test for the relationships between the research variables simultaneously. Pearson's Correlation Coefficient was also conducted to investigate the psychological dynamic impact on couple intimate relationship.

The data was analyzed quantitatively using charts, graphs and frequency tables that were generated for descriptive statistics in order to understand the demographic distribution of the couples surveyed and the research variables correlation. Analysis for demographics was done through generation of frequency tables. These displayed the age, gender, and years of stay in marriage. These also provided insight into the psychological dynamics impact on couple intimate relationship.

3.11 Ethical Consideration

Ethics of research and rights of participants were honoured. Participation in the research was on voluntary basis. The eligible respondents were informed on the purposes of the study and their right to volunteer or not to volunteer by the researcher. Respondents were also assured of confidentiality of the information they provided during the study. The information provided was limited to academic purposes and was not associated with the respondents. Prior to data collection, an introductory letter from the University of Nairobi Post Graduate Research Office was obtained detailing the study affiliation to the university. A letter of approval and license was also obtained from the relevant government office, The National Commission for Science, Technology and Innovation (NACOSTI).

3.12 Chapter Summary

The chapter provided a detailed methodology and procedures that aided in the research. The procedures adopted in this chapter helped explore the relationship between the study variables of psychological dynamics impact on couple intimate relationship. Selection of the participants, assessment and analysis was well articulated. Ethical consideration and issues of confidentiality were also well explained.

CHAPTER FOUR

RESULTS AND DISCUSSION

4.1 Introduction

This chapter discusses the research findings of the study and an analysis of the data obtained from Community Fellowship Church Kanyariri. It contains the findings of the study between the Psychological dynamics and their impact on intimate marital relationships. The section comprises of demographic characteristics of the sampled respondents in this study. The other sections comprise of descriptions of the data and reports and analysis on objectives of the study.

4.2 Demographics

This study shows a fair representation of the male and female respondents from community fellowship Church Kanyariri as shown in table 1 below, 50% males and 50% female.

Table 4.1: Gender of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Female	6	50.0	50.0	50.0
Male	6	50.0	50.0	100.0
Total	12	100.0	100.0	

As observed from figure 2 below, majority of the respondents in Community Fellowship Church Kanyariri were between 25-35 years which is 50% and a smaller number of respondents being over 55 years. 25% of the respondents were aged between 46 and 55 while those aged between 36 and 45 were 16.67%.

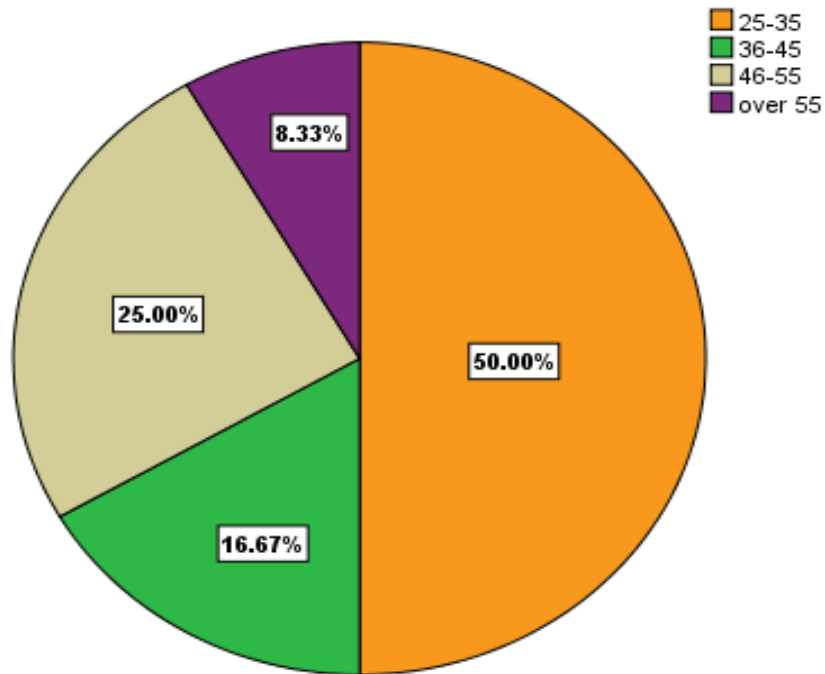


Figure 4.1: Age of the Respondent

From the sampled respondents, only one respondent was above 55 years which is equivalent to 8.3% of the total number while the rest, majority which is totaling to 91.7% were below 55 years (Table 2).

Table 4.2: Age above 55 Years

	Frequency	Percent	Valid Percent	Cumulative Percent
Not applicable	11	91.7	91.7	91.7
57	1	8.3	8.3	100.0
Total	12	100.0	100.0	

In Community fellowship Church Kanyariri, clearly seen in figure 3, those in secondary level were 33.33% and 66.67% were college/ university graduates. None of the respondents was of primary school level.

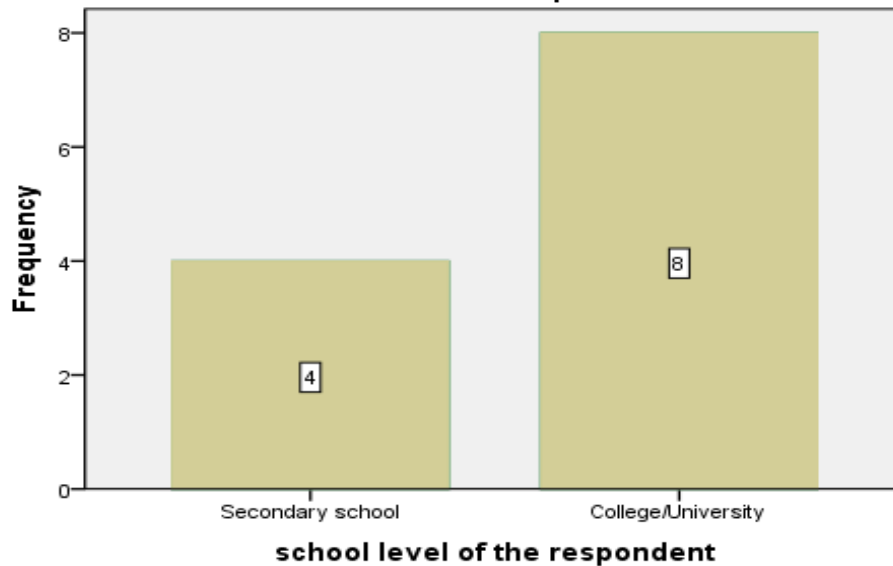


Figure 4.2: School Level of the Respondent

A descriptive analysis was done to also get the frequencies for the number of years in marriage for the participants in Community Fellowship Church Kanyariri and Figure 4 below shows that majority of the respondents (58.33%) were 6-10 years in marriage, following is over 25, with 16.67%, then 0-5 years, 16-20 years and 20-25 years having an equal representation of 8.33%

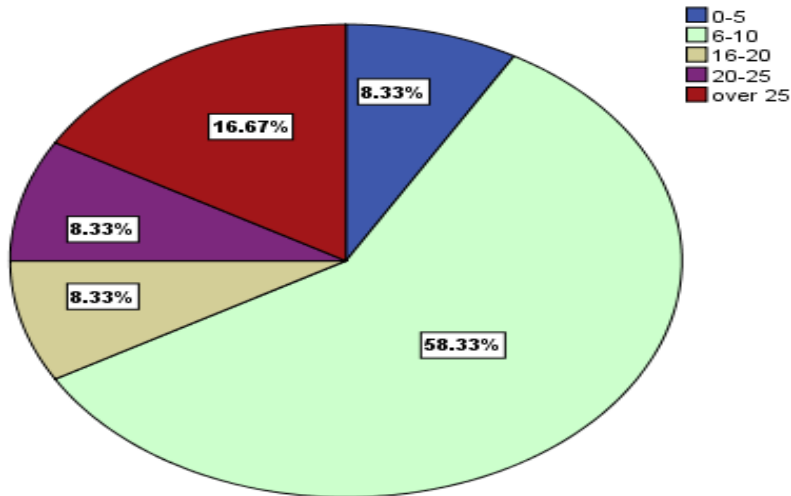


Figure 4.3: Numbers of Years in Marriage

Different participants in Community Fellowship Church Kanyariri were found to be engaged differently in terms of occupation clearly shown in figure 5 with the highest percentage (58.33%) being employed, 16.67% being in or self-employment, 16.67% being retired and 8.33% being unemployed.

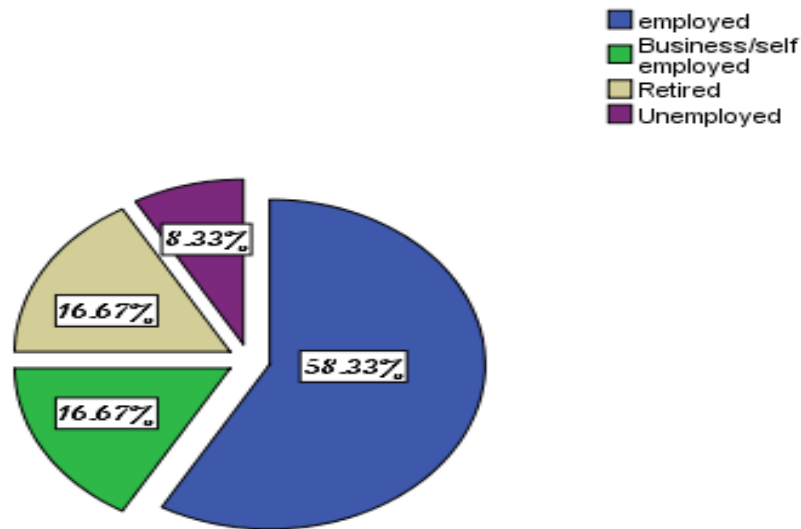


Figure 4.4: Occupation of the Respondent

4.3 Psychological dynamics and their impact on intimate marital relationships

A high proportion of respondents agreed and strongly agreed that they related better in earlier years of marriage (66.66%) as opposed to those who disagreed and strongly disagreed (25%), with 8.33% indicating that they were not sure. This study therefore presents results that clearly indicate that the nature of intimate marital relationships is highly influenced by psychological dynamics as demonstrated in (figure 6) below.

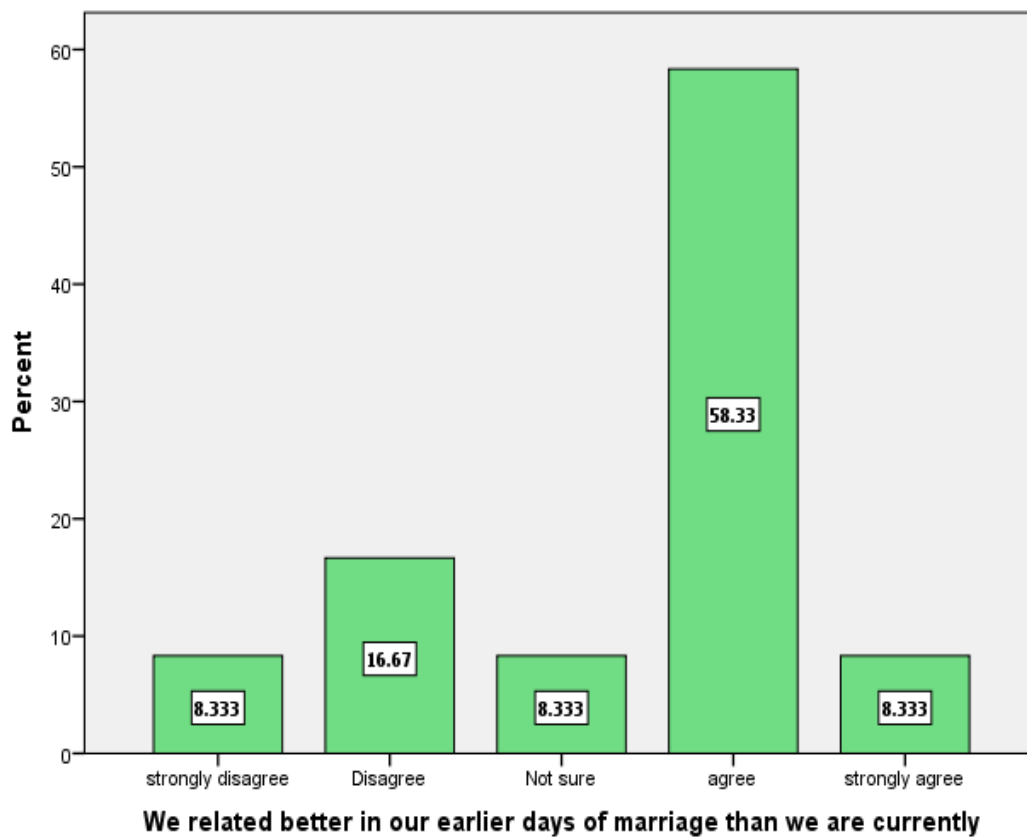


Figure 4.5: Relationship in Earlier Days of Marriage Being Better Than Current Linear regressions

Linear regression model;

$$Y = \beta_0 + \beta_1 X + \mu$$

Table 3: To What Extent Has Your Relationship Met Your Original Expectations

<i>Mode</i>	<i>R</i>	<i>R-square</i>	<i>Adjusted R-square</i>	<i>Error</i>
1	0.953	0.908	0.874	0.185

R^2 Is 0.874 which means that 87.4% of the dependent variable is accounted for by the predictor variable which in this case indicates that 87.4% of the nature of marital intimate relationships is accounted for by Psychological dynamics in that relationship.

Correlation between Psychological dynamics and intimate marital relationships

A spearman's correlation analysis revealed that there was strong association between Psychological dynamics and the nature of an intimate marital relationship. This is seen where P-value 0.038 indicates a statistically significant positive correlation (0.603) which shows that when the number of problems increase in a relationship, it in turn reduces the level of contentment in that relationship by making the partner wish that the other's feelings were strong as theirs (table 4). This is further seen in table 5 where there is a statistically significant (p-value, 0.000) strong positive correlation (0.943) between how well a partner meets the others needs and the extent to which the relationship is satisfying. This is a clear indication that the nature of an intimate marital relationship is highly determined by the psychological dynamics.

Table 4: Correlation on Frequency of Better Feelings and Problems in a Relationship

Correlation coefficient	0.603
P-value	0.038
N	12

Table 5: Correlation on Meetings Each Other's Needs and the Relationship Satisfaction

Correlation coefficient	0.943
P-value	0.000
N	12

Further correlation affirmed the findings by showing that a marital intimate relationship is satisfying to a great extent when there are fewer worries (table 6) with a statistically significant (0.001) correlation (-0.822). Also, it is clear from table 7 that a relationship is more satisfying when a partner listens to the other with a strong positive correlation (0.852) which is statistically significant (0.000). According to tabulations on table 9 further, when an intimate marital relationship is fulfilling, then a partner is more motivated to devote their time and effort towards it since there is a positive correlation (0.894). This therefore is a proof that Psychological dynamics in a marital relationship highly has an impact on its nature.

Table 6: Correlation on Worry in the Relationship and Relationship Satisfaction

Correlation coefficient	-0.822
P-value	0.001
N	12

Table 7: Correlation on Partner Listening and Relationship Satisfaction

Correlation coefficient	0.852
P-value	0.000
N	12

Table 8: Correlation on Fulfilling Intimate Relationship and Motivation and Devotion

Correlation coefficient	0.849
P-value	0.000
N	12

4.4 Emotional Conflicts Impact on Intimate Marital Relationship

A spearman correlation shows that an intimate marital relationship is satisfying to a great extent if the partner tries to understand why the other is upset, table 10, with correlation (0.634) and otherwise when a partner does not feel cared for with correlation (-0.916). Further findings are that when a partner works to solve conflicts with the other, then the relationship is satisfying to a greater extent, correlation (0.793). This therefore depicts a statistically significant relationship between emotional conflicts and intimate marital relationship so that a poor relationship is highly contributed to by emotional conflicts.

Table 9: Correlation on “My Relationship with My Spouse is Satisfying to a Greater Extent”

Variable value	correlation coefficient	P-value
My partner sincerely reveals to me their feelings and experiences	0.845	0.001
My partner tries to understand why I am upset.	0.634**	0.027
I do not feel my partner is committed to me	-0.644**	0.024
I do not feel cared for	-0.916	0.000
My partner and I work to solve conflicts	0.793**	0.002

4.5 Benefits of Counseling and Christian Values in Intimate Marital Relationships

A higher percentage of respondents agree to the fact that both counseling and Christian Faith help in marital intimate relationship (Table 10), where 41.7% and 66.7% strongly agree.

Table 10: Counseling and Christian Values Contribution to Marriage Intimate Relationship Stability

	Counseling	Christian faith
Disagree	8.3%	8.3%
Agree	33.3%	25%
Not sure	16.7%	0%
Strongly agree	41.7%	66.7%

Looking at variables that address the fact that Pre-marital counseling offers essential skills in the marriage relationship including intimate relationship (table 10), a cumulative percentage of 66.7% agree and strongly agree and a cumulative percentage of those that

support that Counseling helps individuals to be more expressive about their feelings and their sexuality in regard to intimate relationships is 75% (Table 10). There is a small number of respondents that disagree to the fact that counseling and Christian values contribute to the stability of a marital intimate relationship (8.3%), Table 11. The results therefore demonstrate a high contribution of Christian values and marital counseling to marital intimate relationships stability.

Table 11: Premarital Counseling Contribution to Marriage Intimate Relationship Stability

	expression	offers skills
strongly disagree	0%	8.3%
Disagree	0%	0%
Agree	41.7%	25%
Not sure	25%	25%
Strongly agree	33.3%	41.7%

4.6 Chapter Summary

This study was seeking to explore the Psychological dynamics and their impact on intimate marital relationships focusing on young and advanced Christian couples. The demographics provided clear information on the gender, age bracket and education level of the respondents. Also obtained were the number of years in marriage and the occupation of the respondents which were analyzed and results presented. Further analysis on variables showed that there was a strong correlation between Psychological dynamics and intimate marital relationships so that psychological dynamics contributes highly to the nature of a marital relationship.

CHAPTER FIVE

SUMMARY OF FINDINGS, RECOMMENDATIONS, AREAS FOR FURTHER RESEARCH AND CONCLUSIONS

5.1 Introduction

A summary of findings, results, implications, conclusions, recommendations and areas for further research are detailed in this chapter. The chapter also highlights the conclusive areas the study reached, recommendation arising, and the eventual viable areas for further study, that may be done in Community psychology or any other related discipline.

5.2 Psychological Dynamics and Their Impact on Intimate Marital Relationships

After the analysis of the data provided by the respondents, there was positive relationship between the two components and it can be significantly concluded that psychological dynamics impacted on the couple's intimate marital relationship. The study results clearly indicated that the nature of intimate marital relationships was highly influenced by psychological dynamics in that relationship. A spearman's correlation analysis revealed that there was strong association between Psychological dynamics and the nature of an intimate marital relationship with findings showing that a marital intimate relationship was satisfying to a great extent when there are fewer worries.

This was consistent with research that has shown a healthy marriage relationship is significantly related to multiple factors of well-being including, but not limited to, less psychological distress, longevity, general physical health and improved emotional health, sexual health, and financial success (Anderson et al, 2010). According to Boelen and Hout (2010) on positive psychological experiences, intimate relationships can be distinguished by the degrees of interpersonal involvement. The research analysis was also

consistent with literature on stress research that shows that chronic minor extra-dyadic stress can spill over in the relationship, causing less time for each other and more negative interaction between partners (Randall & Bodenmann, 2009).

5.3 Emotional Conflicts Impact on Intimate Marital Relationship

Analysis that was done identified the role of emotional conflicts that had an impact on the respondent's intimate marital relationship among Christian couples. A spearman correlation showed that an intimate marital relationship was satisfying to a great extent if the partner tried to understand why the other spouse was upset, with a correlation of (0.634) and when a partner did not feel cared for with correlation (-0.916). Further findings were such as when a partner worked to solve conflicts with the other, then the relationship was satisfying to a greater extent, with a correlation of (0.793). This therefore depicted a statistically significant relationship between emotional conflicts and intimate marital relationship indicating that a poor relationship was highly contributed to by emotional conflicts in the couple's relationship.

The research findings were consistent with what Bradbury and Karney, (2010) noted in that, emotions play a critical role in intimate relationships. Bradbury and Karney, (2010) further argue that, these emotions are central to the development and maintenance of bonds which influence both individual and interpersonal emotional dynamics across time. This was also consistent with the literature on emotional exchanges, among married couples which suggests the manner in which couples resolve emotionally charged conflicts, predicts marital satisfaction throughout adulthood (Hughes & Waite, 2009).

This was also consistent with literature that indicated that spousal satisfaction in their marriages, even those that have lasted for decades, is related to the ways in which negative emotions are expressed and reciprocated (Hughes & Waite, 2009). Hughes & Waite, (2009) also indicate that, emotional exchanges characterized expressions of high levels of negative affect than positive ones are associated with unhappy marriages across the adult life span.

5.4 Benefits of Counseling and Christian Values in Intimate Marital Relationships

The statistical analysis indicated that there was a higher percentage of respondents that agreed to the fact that both counseling and Christian faith helped in marital intimate relationship where 41.7% and 66.7% strongly agreed and a further 33.3% and 25% consecutively agreeing. This was a demonstration that, the respondents believed that there were benefits in their couple intimate marital relationship with counseling as well as when they applied Christian values in their relationship.

The result analysis was consistent with literature that indicate that a stable marriage is associated with improved physical, intellectual, mental and emotional health of the family, as well as equipping them with the values and habits that promote prosperous economic activity (Hook & Worthington, 2009). Christian counseling is also related to positive outcomes for the stability and quality of marriage. Hook and Worthington (2009) also notes that, numerous psychological studies have shown that religious values regularly practiced translates to greater marital stability. Hook and Worthington, (2009) further notes that, history bears witness to the antiquity of religiosity. In their observation, archaeological and anthropological studies indicate that religion has always been a part and parcel of human life.

5.5 Implication of the Study

Based on the study findings, there are indications that suggest the significance of psychological dynamics impact on the quality of couple marital intimate relationships. Psychological stress can spill over in the relationship, causing less time for each other and more negative interaction between partners. The study findings also imply that emotions play a critical role in intimate relationships, which are central in the development and maintenance of bonds that can influence both individual and interpersonal emotional dynamics across time. They also suggest that Christian counseling and values relate positively to the outcomes of quality and stable marriages.

5.6 Conclusions

Based on the research findings, conclusion and inferences can be made to the fact that, psychological dynamics tend to infringe on the intimate marital relationships where couples are not exposed to appropriate interventions. Consequently, it can be concluded that emotions play a critical and central role in the couple's relationships. Christian counseling and practice of values contribute to the healthy maintenance of the marital relationship and in emotional conflict resolution.

5.7 Recommendations

In regard to the findings of this study, the following recommendations are suggested in regard to the fact that psychological dynamics impact on intimate marital relationship.

- i. Based on the research findings, they indicate the value for counseling on impact of intimate marital relationship. The church can develop marital counseling program and offer counseling services to couples within the communities they serve.

- ii. Based on the research findings the church can also create an emphasis on Biblical values and how Christian faith has an impact on intimate marital relationship within the various church service programs and family fellowships.

5.8 Areas for Further Research

While psychological dynamics predict the quality of intimate marital relationship a couple experiences, further research need to be done to explore on how individual differences such as gender, age and psychological health impact on couple's intimate relationship. There is also need for further studies that needs to be done to replicate this study, in general settings and with a larger population outside the church to find out if findings of a similar nature would be obtained.

5.9 Chapter Summary

The chapter highlighted the research findings, implications of the study, conclusions, and recommendations and areas for further research. The analysis from the cohort researched on was compared to the referenced literature review and the similarities identified. The paramount finding in the research study was the importance of counseling and Christian values and their impact on the couple's intimate relationship.

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APPENDICES

Appendix I: Questionnaire for Participants of the Survey

University of Nairobi

Department of Psychology – Masters in Community Psychology

Dear Respondent,

The following is a questionnaire that seeks to establish how psychological dynamics impact on intimate marital relationships. It has three sections that will require some of your time to give response. We kindly request you to spend just a few minutes to answer the simple questions that will be helpful in this research. Intimate relationship refers to the bond that ties a couple together in a marriage setup. Some questions in section B, section C and section D have statements that concern how you feel in your emotional intimate relationship. Respond to each statement by indicating how much you agree or disagree with the statement. Confidentiality will be observed and the information will not be used for any other purposes besides this study.

SECTION A: GENERAL INFORMATION (Tick where appropriate)

1. Gender: Male Female

2. Age Bracket: 25 – 35 36 – 45 46 – 55
 If above 55 Years State Age _____

3. School level:
 Primary School Secondary School College/University

4. Years in Marriage
 0-5 Years 6 – 10 Years 11- 15 Years
 16 – 20 Years 20 – 25 years Over 25 years

5. Occupation
 Employed Self- employed/business Retired Unemployed

SECTION B: NATURE OF THE MARITAL INTIMATE RELATIONSHIP

6. Would you describe your intimate relationship at the moment as fulfilling?

Yes

No

7. My relationship with my spouse is satisfying to a greater extent

Strongly agree Agree Not sure Disagree

Strongly disagree

8. We related better in our early years of marriage than we are currently

Strongly agree Agree Not sure Disagree Strongly disagree

9. Our marital relationship has improved with time

Strongly agree Agree Not sure Disagree Strongly disagree

10. I worry a lot about my intimate relationship with my partner

Strongly agree Agree Not sure Disagree Strongly disagree

11. I often worry that my partner will not want to stay with me

Strongly agree Agree Not sure Disagree Strongly disagree

12. I often worry that my partner doesn't really love me

Strongly agree Agree Not sure Disagree Strongly disagree

13. I worry that romantic partners won't care about me as much as I care about them

Strongly agree Agree Not sure Disagree Strongly disagree

14. I often wish that my partner's feelings for me were as strong as my feelings for

him or her

Strongly agree Agree Not sure Disagree Strongly disagree

15. When my partner is out of sight, I worry that he or she might become interested in someone else.

Strongly agree Agree Not sure Disagree Strongly disagree

16. When I show my feelings of intimacy to my partner, I'm afraid he/she will not feel the same about me.

Strongly agree Agree Not sure Disagree Strongly disagree

17. I rarely worry about my partner leaving me

Strongly agree Agree Not sure Disagree Strongly disagree

18. My romantic partner makes me doubt myself

Strongly agree Agree Not sure Disagree Strongly disagree

19. I do not often worry about being abandoned

Strongly agree Agree Not sure Disagree Strongly disagree

20. I find that my partner don't want to get as close as I would like

Strongly agree Agree Not sure Disagree Strongly disagree

SECTION C: PSYCHOLOGICAL DYNAMICS AND OTHER EMOTIONAL EXPERIENCES

21. How well does your partner meet your needs?

Poorly Extremely Well

22. In general, how satisfied are you with your relationship?

Unsatisfied Extremely Satisfied

23. How good is your relationship compared to most?

Poor Excellent

24. How often do you wish you hadn't gotten into this relationship?

Never Very Often

25. To what extent has your relationship met your original expectations?

Hardly at All Completely

26. How much do you love your partner?

Not Much Very Much

27. How many problems are there in your relationship?

Very Few Very Many

28. My partner and I work together to solve conflicts

Strongly agree Agree Not sure Disagree
Strongly disagree

29. I am happy with my role in the relationship

Strongly agree Agree Not sure Disagree
Strongly disagree

30. My partner sincerely reveals to me their feelings and experiences.

Strongly agree Agree Not sure Disagree
Strongly disagree

31. I expect the same standard of behavior from my partner as they expect of me.

Strongly agree Agree Not sure Disagree
Strongly disagree

32. I am happy with the amount of physical affection. My partner is strongly motivated to devote their time and effort to our relationship.

Strongly agree Agree Not sure Disagree
Strongly disagree

33. My partner listens to me.

Strongly agree Agree Not sure Disagree
Strongly disagree

34. I feel like my partner does things to maintain our relationship.

Strongly agree Agree Not sure Disagree

Strongly disagree

35. My partner tries to understand why I am upset

Strongly agree Agree Not sure Disagree

Strongly disagree

36. I am happy with my partner's role in the relationship.

Strongly agree Agree Not sure Disagree

Strongly disagree

37. I intimately disclose who I really am, openly and fully.

Strongly agree Agree Not sure Disagree

Strongly disagree

38. My partner does not contribute as much to our relationship (financially) as I do.

Strongly agree Agree Not sure Disagree

Strongly disagree

39. My partner compliments me often.

Strongly agree Agree Not sure Disagree

Strongly disagree

40. I am strongly motivated to devote time and effort.

Strongly agree Agree Not sure Disagree

Strongly disagree

41. My partner often discusses our future together

Strongly agree Agree Not sure Disagree

Strongly disagree

42. I feel comfortable voicing my preferences in the relationship.

Strongly agree Agree Not sure Disagree

Strongly disagree

43. As a whole, my partner's disclosures about our relationship are more positive than negative.

Strongly agree Agree Not sure Disagree

Strongly disagree

44. My partner supports me in my endeavors as much as I support them.

Strongly agree Agree Not sure Disagree

Strongly disagree

45. I am certain my feelings for my partner will not change.

Strongly agree Agree Not sure Disagree

Strongly disagree

46. I feel comfortable letting my partner know when I am upset.

Strongly agree Agree Not sure Disagree

Strongly disagree

47. My partner keeps their promises

Strongly agree Agree Not sure Disagree

Strongly disagree

48. I experience honesty from my partner.

Strongly agree Agree Not sure Disagree

Strongly disagree

49. My partner and I are able to successfully reach conflict resolution.

Strongly agree Agree Not sure Disagree

Strongly disagree

50. My partner feels responsible for their part.

Strongly agree Agree Not sure Disagree

Strongly disagree

51. I do not feel my partner is committed to me.

Strongly agree Agree Not sure Disagree

Strongly disagree

52. I do not want my relationship to last.

Strongly agree Agree Not sure Disagree

Strongly disagree

53. I am not very motivated to be involved.

Strongly agree Agree Not sure Disagree

Strongly disagree

54. I do not feel cared for

Strongly agree Agree Not sure Disagree

Strongly disagree

55. My partner does not try to understand my needs.

Strongly agree Agree Not sure Disagree

Strongly disagree

56. My partner is not dependable

Strongly agree Agree Not sure Disagree

Strongly disagree

SECTION D: CHRISTIAN VALUES AND COUNSELLING IMPACT

57. Christian faith and values help in couple marital intimate relationship

Strongly agree Agree Not sure Disagree

Strongly disagree

58. Counselling contributes to marital intimate relationship stability

Strongly agree Agree Not sure Disagree

Strongly disagree

59. Couples who have attended counselling are more easily able to resolve and manage conflict in their relationship

Strongly agree Agree Not sure Disagree

Strongly disagree

60. Pre-marital counselling offers essential skills in the marriage relationship including skills on intimate relationship

Strongly agree Agree Not sure Disagree

Strongly disagree

61. Religious spouses are not openly expressive with one another in their intimate relationship

Strongly agree Agree Not sure Disagree

Strongly disagree

62. The Christian faith explicitly addresses matters on intimate relationship and sexuality

Strongly agree Agree Not sure Disagree Strongly disagree

63. Sex and intimacy should not be discussed in counselling

Strongly agree Agree Not sure Disagree

Strongly disagree

64. Counselling helps individuals to be more expressive about their feelings and their sexuality in regard to their intimate relationships

Strongly agree Agree Not sure Disagree

Strongly disagree

65. Intimacy and sex in marriage is a blessing from God and should be enjoyed

Strongly agree Agree Not sure Disagree

Strongly disagree

66. Sex in marriage is for procreation only

Strongly agree Agree Not sure Disagree

Strongly disagree

67. Christian faith, values and practice is key to marital commitment and faithfulness in a marital intimate relationship.

Strongly agree Agree Not sure Disagree Strongly disagree

Appendix II: Budget Expense

EXPENSE	KSHS
Data analysis	15,000
Computer services	10,000
Stationeries	4,000
Subsistence e.g. transport and logistics	2,000
Overheads allowances i.e. internet and lunch	5,000
Total	36,000
Grand total	36,000

Appendix III: Introduction Letter



UNIVERSITY OF NAIROBI
FACULTY OF ARTS
DEPARTMENT OF PSYCHOLOGY

Telegrams: Varsity Nairobi
Telephone: 318262 ext.28439
Telex: 22095

P.O. BOX 30197
NAIROBI
KENYA

24th September 2018

NACOSTI
P.O. Box 30623 – 00100
NAIROBI

Dear Sir/Madam

RE: MAINA JULIUS KAMAU – REG. NO. C50/72376/2014

The above named person is a duly registered student in the Faculty of Arts at the University of Nairobi. He is seeking a research permit from your office.

Kindly accord him the necessary assistance to allow him collect data.

Thank you in advance for your cooperation.




W. Odiemo
Chairman,
Department of Psychology



Appendix IV: NACOSTI Permit

THIS IS TO CERTIFY THAT:
MR. JULIUS KAMAU MAINA
of UNIVERSITY OF NAIROBI, 39149-623
Nairobi, has been permitted to conduct
research in Kiambu County
on the topic: EXPLORING THE
OUTCOMES OF PSYCHOLOGICAL
DYNAMICS AND THEIR IMPACT ON
INTIMATE MARITAL RELATIONSHIPS: A
CASE OF YOUNG AND ADVANCED
CHRISTIAN MARRIED COUPLES
for the period ending:
8th October, 2019.

Permit No : NACOSTI/P/18/39133/25898
 Date Of Issue : 8th October, 2018
 Fee Received (KSh) 3000



Samuel O. Ochieng'
 Director General
 National Commission for Science, Technology & Innovation



 Applicant's Signature
 Director General
 National Commission for Science, Technology & Innovation

THE SCIENCE, TECHNOLOGY AND INNOVATION ACT, 2013

The Grant of Research Licenses is guided by the Science, Technology and Innovation (Research Licensing) Regulations, 2014.

CONDITIONS

1. The License is valid for the proposed research, location and specified period.
2. The License and any rights thereunder are non-transferable.
3. The Licensee shall inform the County Governor before commencement of the research.
4. Excavation, filming and collection of specimens are subject to further necessary clearance from relevant Government Agencies.
5. The License does not give authority to transfer research materials.
6. NACOSTI may monitor and evaluate the licensed research project.
7. The Licensee shall submit one hard copy and upload a soft copy of their final report within one year of completion of the research.
8. NACOSTI reserves the right to modify the conditions of the License including cancellation without prior notice.


REPUBLIC OF KENYA

National Commission for Science, Technology and Innovation
RESEARCH LICENSE
Serial No.A 20969
CONDITIONS: see back page

National Commission for Science, Technology and Innovation
 P.O. Box 30623 - 00100, Nairobi, Kenya
 TEL: 020 400 7000, 0713 788787, 0735 404245
 Email: dg@nacosti.go.ke, registry@nacosti.go.ke
 Website: www.nacosti.go.ke

Appendix V: Community Fellowship Church, Kanyariri – Kabete, Kiambu County



Source: Data at Google, 2018

Appendix VI: Declaration of Originality Form

Appendix VII: Plagiarism Report

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Document Viewer

Turnitin Originality Report

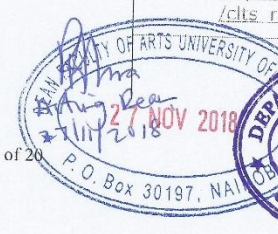
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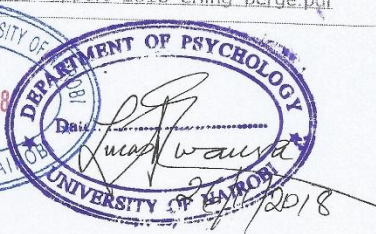
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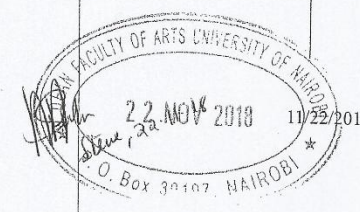
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